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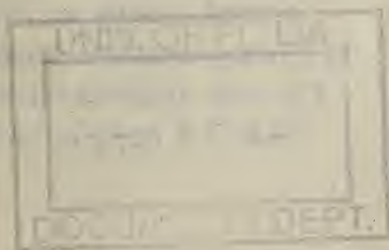
DA PAMPHLET 21-75

~~UNIVERSITY OF MIAMI~~

~~SEP 1 1989~~

Helpful Hints

**For Personnel
Ordered to
The Canal Zone
(Formerly U.S. Army,
Caribbean)**



**HEADQUARTERS,
DEPARTMENT OF THE ARMY
JUNE 1960**

Applicable commanders will insure that a copy of this pamphlet is furnished each individual under conditions specified below:

At home station:

1. To each officer and enlisted person upon alert for overseas movement.
2. To each dependent when travel to the overseas area is approved for a date later than that of the sponsor.

At U.S. Army Oversea Replacement Station:

To each individual not previously issued a copy as indicated above.

At Transportation areas:

To each individual not previously issued a copy as indicated above.

PREFACE

It is the wish of the Commanding General and everyone connected with this command to do everything possible to ease the transition of the new arrival from the continental United States to his new billet in the Panama Canal Zone. The desire to be of service has dictated the preparation of this brochure. The intent is to give you as much advance information as possible regarding your prospective home in the Canal Zone.

PRINCIPAL INSTALLATIONS

Pacific

Army ----- Fort Amador (Hq
USARCARIB).
Post of Corozal.
Fort Clayton.
Post of Quarry Heights (Hq
Caribbean Command).
Fort Kobbe
Cocoli Housing Area.
Navy ----- 15th Naval District Head-
quarters.
Cocoli Housing Area.
Naval Station, Rodman.
Farfan-Radio Station and
Housing Area.
Air Force---- Albroom AFB (Hq CAirC).
Howard Field.

Atlantic

Army ----- Fort Sherman.
Fort Davis.
Fort Gulick.
Fort Randolph (inactive)
France AFB Army Housing
Area.
Navy ----- Coco Solo Naval Station
(caretaker status).

PAMPHLET }
No. 21-75 }

HEADQUARTERS,
DEPARTMENT OF THE
ARMY

WASHINGTON 25, D.C.,
27 June 1960

**HELPFUL HINTS FOR PERSONNEL
ORDERED TO THE CANAL ZONE**

(Formerly U.S. Army, Caribbean)

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7 October 1958.**

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1. Commands

a. Caribbean Command (CIN-CARIB), the senior headquarters in this theater, is a unified command. It is commanded by a lieutenant general and is located at the Post of Quarry Heights, on the Pacific side of the Isthmus.

b. The United States Army Caribbean (USARCARIB) is a component of Caribbean Command with headquarters at Fort Amador, also in the Pacific area of the Isthmus. On the same command level with USARCARIB are the 15th Naval District, with headquarters adjoining USARCARIB at Fort Amador, and the Caribbean Air Command (CAirC), with headquarters at Albrook Air Force Base, on the Pacific side of the Isthmus.

2. Panama Canal Company—Canal Zone Government

a. The Panama Canal Company is a United States Government agency concerned with the operation and maintenance of the Panama Canal. The Canal Zone Government is an agency concerned with the administration of civil affairs in the Canal Zone. Both agencies operate under one Army General Officer who has the dual titles of Governor of the Canal Zone Govern-

ment and president of the Panama Canal Company.

b. The Canal Zone is a strip of land 10 miles wide, extending from the Atlantic Ocean to the Pacific Ocean (55 miles) and bordered on both sides by the Republic of Panama. The United States holds perpetual jurisdiction, by treaty rights, over the Zone. With minor exceptions, everything is owned by the United States Government. All residents of the Canal Zone are United States Government employees, military and civilian, with few exceptions.

c. Principal Canal Zone cities in the Pacific area are Ancon and Balboa which adjoin Panama City, the capital of the Republic of Panama. Cristobal, in the Atlantic area of the Isthmus, adjoins the city of Colon, Republic of Panama.

d. The Pacific and Atlantic area cities are connected by highway and the Panama Railroad. There are no boundary restrictions between the Republic of Panama and the Canal Zone, allowing the public free access to either.

e. The Republic of Panama is situated approximately between 77° and 83° longitude west of Greenwich and between 7° and $9^{\circ}30'$ latitude north of the Equator. It is bounded on the north by the Caribbean Sea, on the east by Colombia, on the south by the Pacific Ocean, and on the west by Costa Rica. Panama is traversed by rugged mountain ranges with altitudes reaching 11,400 feet.

3. Travel and Arrival

a. It is expected that the conduct and dress of military personnel and their dependents while traveling via commercial vessels or aircraft will be such as to reflect favorably upon themselves and the Army. It is the responsibility of each individual to maintain the proper standards of conduct and dress even though traveling under other than direct Army control. Individuals should inform themselves of the customs and practices relating to suitable attire when traveling aboard commercial liners.

b. Military personnel and dependents generally arrive in the Canal Zone by ship. However, whether you arrive by ship at Cristobal or by plane at a Pacific side airfield, someone from USAR-CARIB will be on hand to meet you. For those who intend to fly commercially and arrive at Tocumen Airport, Republic of Panama, it is important that the command be notified of the day and hour of arrival, the flight number and the name of the airline. Personnel on hand to meet you will offer every assistance in getting you settled in your quarters whether in a BOQ, permanent or temporary housing, or a hotel.

4. Automobiles

a. An automobile is highly desirable for shopping and recreational purposes. In addition, an automobile may be necessary for travel to and from your duty station, as quarters may be assigned at

posts other than the place of duty because of local housing conditions.

b. Automobiles may be shipped to the Canal Zone or purchased locally, duty free. Fabric convertible tops tend to deteriorate rapidly, due to the humid climate. Metal parts must be treated against rust. Undercoating is essential and is available locally for about \$25.

c. Most dealers of American-made cars operate well equipped garages where service is adequate. The Panama Canal Motor Transportation Division has an excellent automobile repair shop; however, auto parts are not stocked, and as a surtax of 10 percent has been added to all work, cost of repairs has increased proportionately. The Exchange operates well equipped garage facilities, stocking common items such as tailpipes, mufflers, etc. Major parts are obtainable through the Exchange from local dealers at a charge of about 10 percent over stateside prices. Steam cleaning, undercoating, painting, and upholstering services are available.

d. Check your automobile insurance before you leave your present station. Some policies written in the United States do not provide coverage in the Canal Zone and the Republic of Panama. If your car has not been completely paid for, and there is a lien on it, written permission from the lienholder (bank or finance company) authorizing oversea shipment must be presented at the time of delivery of the vehicle to the Army terminal. If your car has been paid for and there is no

lien on it, be sure the certificate of title or other evidence of ownership is in your possession.

5. Banking Facilities and Currency

United States currency is used in the Canal Zone and the Republic of Panama. Both the Chase Manhattan Bank of New York and the First National City Bank of New York have branches in the Zone, as well as in Panama City. If you use a checking account, it is suggested that you use one of the local banks in order to simplify your finances. A charge is made for cashing checks drawn on stateside banks. However, if you have stateside obligations that you pay by check, it is advisable to maintain a stateside checking account since banks at home charge a fee for cashing checks drawn on Canal Zone or Panamanian banks.

6. Churches and Chapels

Every Army post has its chapel and services are conducted for all faiths. In addition, churches of various denominations are located in the civilian communities in the Canal Zone.

7. Climate

The Canal Zone has a tropical climate throughout the year, but it is not oppressively hot in areas exposed to the full sweep of the prevailing winds. The Zone has two seasons: dry, from January through April, and wet, from May through December. During the wet season there are abundant rainfalls similar to cloudbursts which occur on

an average of once every 24 hours, especially in September, October, and November. Occasionally, rain continues a full day but it is unusual. The average annual rainfall is 70 inches. The particularly high humidity makes the temperature of 70° to 90° more noticeable than in dry climates. Panama is not in a hurricane area and winds exceeding 30 to 40 miles an hour are very rare.

8. Clubs: Fraternal and Civic

Practically all fraternal orders, civic clubs, and veterans' organizations are represented on the Isthmus. These include—

Fraternal Orders

About Saad Temple

B'nai B'rith

Elks

Knights of Columbus

Masonic Temples

Odd Fellows

Veterans' Organizations

Veterans of Foreign Wars

American Legion

Disabled American Veterans

9. Commissaries and Markets

a. General. Local Army commissaries stock varieties of food comparable to Army commissaries in the United States. The Canal Zone commissaries operated by the Panama Canal Company principally for civilian employees are comparable to department stores in the United States. Military personnel are authorized to patronize the Canal

Zone commissaries. In addition to Army and Panama Canal commissaries, the Isthmus has a few Chinese gardens where a limited variety of fresh fruit and vegetables is always available.

b. Clothing and Shoes. Summer clothing is worn throughout the year. The first rule is to have the very lightest clothing, and avoid linings whenever possible. Woolens and furs should be left in the United States when convenient. There are no facilities in the Canal Zone for storing furs. On the other hand, it is wise to bring a few woolen items as you may occasionally visit neighboring high altitudes or return to the United States during winter. Silks, woolens, and leather goods are all affected by the intense humidity. Most wearing apparel is available locally in quality and quantity desired. Sizes and varieties of colors and styles are limited in comparison to those to be had in the United States.

c. Storage of Clothing. Overcoats, galoshes, heavy woolen blankets, and other stateside winter items are useless in the Zone. High humidity and insects make storages of such articles impractical even though inspected and cleaned periodically.

d. Ladies' Clothes. Ladies should bring a good supply of light cotton dresses for home and street wear as well as formal dresses for parties, dinners, and other social gatherings. Wardrobes may also include beachwear, shorts, sundresses, and slacks. Gloves and hats are usually worn to church and some

official entertainment. The Main Exchanges usually carry a good selection of summer dresses, hats, gloves, hose, and lingerie at popular prices. From experience, ladies have usually found that shoes sold in Panamanian stores fit rather poorly. The Post Exchange and the Panama Canal commissaries both handle ladies' shoes; however, they are rather limited to brands and styles. Those who sew will find bargains in linen and other quality materials in Panama. Coats and jackets may be needed when traveling outside the Canal Zone and the immediate vicinity.

e. Children's Clothes. For the most part, children's clothing is in adequate supply in the Panama Canal commissaries. Shoes are not always available in all wanted styles and sizes.

10. Domestic

Domestic help is chiefly English-speaking of West Indian or Panamanian origin. Wages start as low as \$25 a month, while a combination cook, laundress, and maid is paid up to \$50 a month. Servants are subject to physical examination upon being hired and annually thereafter.

11. Electrical Appliances

a. All military posts in the Canal Zone have 60-cycle electric current.

b. The Army and Air Force Exchange handles a wide variety of household appliances. Washing machines, Hi-Fi's, television sets, refrigerators, deep freezes, etc., are available in a limited variety; however, any style,

brand, or size is available on special order.

12. Furniture

a. Panama is one of the few oversea stations where a complete basic "package" of household furniture is provided the service family. Consequently, weight allowance for shipments of household goods for personnel assigned to Government quarters within the Canal Zone is reduced to 2,000 pounds or 25 percent of the allowance authorized by Joint Travel Regulations, whichever is greater.

b. You will still need china, cooking utensils, glassware, linen, table silver, decorative objects, and the other items which transform a house into a home. Many organizations here supply newcomers with "hospitality kits," containing basic items, which can be borrowed until household goods arrive.

c. Overstuffed furniture will develop a musty odor during the rainy season unless it is cared for regularly. Unless specifically built for the Tropics, pianos should be covered with a coat of special varnish to prevent damage by humidity and must be equipped with an inside electric heating element to keep the interior of the instrument dry.

d. Philippine rattan furniture, well suited for the Tropics, is available locally. Native mahogany furniture which can be made to order is also available.

e. Rugs are used sparingly as many quarters have tile floors. Drapes and

curtains are used occasionally but reduce air circulation. Light drapes only should be considered for Panama. Metal furniture, if kept painted or enameled, will not rust.

f. The numerous Hindu shops in Panama City sell oriental items, such as camphor chests, desks, etc. The main Post Exchanges handle a limited variety of rattan and oriental furniture, as well as South American made rugs.

g. Although the conditions described above may sound discouraging, household goods need not be a source of particular concern if they are cared for constantly.

13. Health Conditions

a. Sanitation and Health Control. The Health Department of the Panama Canal has jurisdiction over sanitation in the Canal Zone, and cooperates with Panamanian authorities in the supervision of public health and quarantine in the cities of Panama and Colon. The responsible authorities have been eminently successful in combating disease typical of a not so well guarded tropical country.

b. Malaria. Malaria is well controlled in the areas under the supervision of the military and the Canal Zone authorities; it is easily avoided if continuing attention is given to preventive measures.

14. Hold Baggage

a. Your present duty station should provide you with information concerning travel to the Canal Zone, including

a statement of baggage allowance. Military personnel may expect to receive their hold baggage in about 30 days or less. You will be notified of its arrival and told where to pick it up. Hold baggage is subject to customs inspection.

b. Dependents hold baggage usually is loaded on the ship on which they travel if the trip is made by sea, or on the first ship leaving for USARCARIB after the departure of those who come by air. Items to be considered for hold baggage should include what you will need immediately to use from the time of your arrival until your household goods arrive, which is generally within 3 or 4 months at the maximum.

15. Housing

a. If quarters are expected to be available on a military reservation upon your arrival, your dependents may accompany you providing advance application for concurrent travel has been authorized by the Commanding General, USARCARIB. Concurrent travel is now approved for all officers and enlisted personnel in grades E-8 and E-9. Present policy authorizes quarters to be provided for enlisted personnel in grades E-5 through E-9 and all officers and warrant officers who may complete a full tour in the command. In the event that you do not receive concurrent travel, your name will be placed on a waiting list for assignment of quarters after arrival in the command. The priority is based on grade, date of rank,

and month of arrival of the sponsor in the command.

b. Government housing, both permanent and temporary type, is lacking for the present needs of the command. Assignment for enlisted personnel to permanent or temporary housing varies according to rank, size of family, location of the housing and other variable factors. Waiting period for both officers and enlisted personnel who do not receive concurrent travel may vary from 3 to 6 months, or longer for quarters located at the duty station. US-ARCARIB utilizes housing that may be located 50 miles distant from the duty station. Government transportation is usually provided military personnel in such cases.

c. Military personnel normally may be authorized to reside off military reservations, provided that quarters meet standards of sanitation as prescribed by Army medical authorities and that the sponsor is financially capable of maintaining his dependents without expense to the Government. Such quarters may range in rental rates from \$65 to \$100, and more, per month, plus \$20 or \$30 for utilities. In this regard, concurrent travel is not authorized based on acceptance of housing on the local economy.

d. The Department of the Army has authorized a bachelor NCO quarters program in USARCARIB as an experimental project. Based on findings here, the Department of the Army will deter-

mine the feasibility of adopting such a program on a worldwide basis.

16. Hospital and Medical Care

Gorgas Hospital, located in the Pacific area, is operated by the Canal Zone Government. Gorgas Hospital provides medical services for all military personnel and their dependents in the Pacific area of the Isthmus, while the Canal Zone Hospital, Coco Solo, cares for personnel in the Atlantic area. Both hospitals are well staffed and provide the necessary medical care. Medical dispensaries located on Army posts also provide limited medical care for dependents of military personnel.

17. Libraries and Reading Materials

Libraries for use of military personnel and their dependents are located on all military reservations and in adjacent civilian communities. Daily local English printed newspapers are available in the libraries and at newsstands or by subscription. Current magazines are available in libraries, Post Exchanges and Panama Canal Service Centers.

18. Insects

a. Insect control is achieved at military installations by continual drainage of breeding sites, misting and fogging regularly on post, and applying residual insecticides to buildings. As a result, few disease-carrying insects or pest insects are found in the Canal Zone.

b. Effective insecticide sprays are sold locally for use in bureau drawers

and closets to protect clothing, fabrics, books, etc.

19. Licenses

a. If you live in the Canal Zone your automobile must be registered in the Zone, while personnel residing in the Republic of Panama register their vehicles in Panama. Canal Zone plates cost \$5 per year for all makes of cars. The cost for Panamanian registrations is \$3.02 plus \$2 tax, or a total of \$5.02 annually. Dual registration is not permitted.

b. It is necessary, however, to have both a Panama and a Canal Zone driver's license. Your United States operator's license, if valid at the time of your arrival, is accepted as evidence of your driving ability but you must pass a written driver's examination to secure your Canal Zone license, which costs \$1. The Republic of Panama also charges \$1 for an operator's license but no written tests are required.

c. New drivers must take a driving test in addition to the written examination. Dependents may be licensed to drive if they are at least 18 years of age. Dependents 17 years of age may qualify after they have completed the driver's course given at the Canal Zone high schools and have the written consent of both parents.

d. In order to drive on a military reservation, you will need a post tag. To obtain this you must present both driver's licenses, a car inspection certificate obtained from any local Post Exchange garage, and your insurance

policy showing that you have the following minimum coverage: \$5,000—\$10,000—\$5,000. Enlisted personnel also require approval from their commanding officer before submitting applications for post tags.

20. Identification

a. All military personnel and dependents over 10 years of age must carry identification cards which require passport size photographs (1½" x 1½"). Photos must be full face.

b. In addition to the identification photographs you should have in your possession a birth certificate for yourself and for all members of your family who accompany you. Birth certificates are required for children who enter school for the first time, and applications for passports to visit foreign countries must be substantiated with a copy of the birth certificate.

c. Although neither a passport nor a visa is required for entry into the Canal Zone, you will need at least 10 pictures for various passes and permits. They should be full face view with light background and printed on regulation photographic paper. The "do it yourself" pictures taken in many stateside variety stores are not acceptable since they are not on velox-type paper and also have a tendency to fade. Photographic size requirements vary; however, most agencies will accept pictures which have slight variations. Photos should be no larger than 1¾ by 1¾ inch overall (including white border), with the subject's face shown 1 inch long.

21. Pets

You may bring your dog, cat, or other pet to the Canal Zone. The law, however, requires that pets be consigned to the Canal Zone quarantine station at Corozal, C.Z., for a period of 4 months. There is a charge of 50 cents a day for board. You may visit your pet daily.

22. Postal Service

The United States maintains post offices at the major Canal Zone communities and military reservations. There is no house delivery of mail, thus making it necessary to have mail addressed either to the sponsor's military address or to a post office box. Airmail service is provided on a daily schedule between the United States and the Canal Zone. Many personnel elect to use airmail service in preference to the slower mail service rendered by ships. Panama Canal Zone postage is used exclusively for outgoing mail; therefore, it is suggested that no United States postage stamps be brought to the Canal Zone. Conventional-type gummed mailing envelopes are not convenient in humid climates; nongummed and rubber-gummed envelopes are used and are obtained locally.

23. Recreation

a. General. Recreation and entertainment in the Canal Zone have no seasonal interruption and are as diverse and varied as one can find in any moderate size stateside city.

b. Fishing. The word "Panama" means "abundance of fish" and world

records bear out the truth of this phrase. The Bay of Panama affords excellent deep sea fishing of a wide variety. Sailfish and black and striped marlin are caught around the Pearl Islands, about 60 miles southeast of Panama City.

c. Fresh Water Fishing. For those preferring fresh water fishing, there are the Canal lakes of Madden and Gatun from which fishermen have reported landing snook, tarpon, and fresh water varieties.

d. Hunting. For the hunter, there is no limit to the availability of game and it may be shot the year round.

e. Riding. Horses may be rented at local riding clubs.

f. Roller Skating. There is a roller skating rink in operation in Balboa, available to military personnel and their dependents.

g. Swimming. Olympic-type pools are available to all personnel. In addition to fresh water swimming in the pools, there are several beaches. Fort Amador and Fort Kobbe in the Pacific area have the only beaches with shark nets.

h. Beach Resorts. In addition to the facilities on the military posts, there are several civilian beach resorts in the interior which are frequented by military personnel.

i. Motoring. By American standards, the Republic of Panama and the Canal Zone do not have many modern highways. The principal paved highways are the Boyd-Roosevelt Highway, connecting the cities of Colon and Pan-

ama, a distance of 50 miles; a section of the Inter-American Highway from Panama to Rio Hato, about 80 miles; and a highway to the National Airport at Tocumen, 18 miles from Panama. No through serviceable roads exist between the United States and Panama, making motoring between these two points impossible. Many of the trunk roads leading off the Inter-American Highway, particularly during the rainy season, are impassable.

24. Motion Pictures

a. Each post has a movie theater where the latest stateside releases are shown and different films are presented almost daily. Most of the theaters are air conditioned and have wide screens.

b. Military personnel and their dependents are welcome to visit the movie theaters operated at Panama Canal Company service centers on both sides of the Isthmus.

c. Troops assigned to units which go into the field for maneuvers or to guard vital installations are furnished with free 16-mm movies which are regular full length Hollywood features.

25. Theater Guild

Members of the military may join the Theater Guild, a nonprofit amateur organization which enjoys an excellent reputation locally.

26. Radio and Television

a. The command's radio and television outlet, the Caribbean Forces Network (CFN) at Fort Clayton, is an

affiliate of the Armed Forces Radio and Television Service, staffed primarily by military personnel. CFN Radio is on the air 18 hours a day broadcasting a variety of programs including most of the big network shows transcribed in the United States, and shortwave transmissions of important news and sports events direct from the USA.

b. Telecasting is carried on 65 hours weekly. Locally produced shows share the air time with kinescopes of the most popular stateside shows. CFN-TV at present transmits only on Channels 8 and 10. Your set will not be serviceable here if it does not receive these channels.

c. There are about 40 radio stations in the Republic of Panama, one of which transmits entirely in the English language. Air time is divided between news, drama, music, and local coverage.

27. Clubs

In addition to officer and NCO clubs on each post, enlisted service clubs are operated by Special Services on the larger posts. There are several avocational clubs active in the Canal Zone. The Diablo Camera Club meets monthly. Membership is by invitation. The Caribbean Stamp Club meets twice a month. The Canal Zone Orchid Society meets monthly. The Star and Circle Square Dance Club holds regular meetings, memberships being by invitation. Various other such social clubs are available to those interested.

28. Rust, Corrosion, and Mold

Because of the high humidity, rust and corrosion develop more rapidly in the Canal Zone than in the cooler, drier climates. Metal utensils, guns, golf clubs, brass, and silverware require frequent attention. Neglected leather goods and books will become molded unless wiped frequently. All these items can, however, be maintained in first-class condition if stored in dry closets and given periodic attention.

29. School System

Canal Zone schools are comparable to United States schools in curricula, terms, qualification of instructors, and vacations. Canal Zone communities and some military posts have grade schools; however, high schools are located in Balboa and Coco Solo only. The Canal Zone Junior College is located at Balboa. Birth certificates and report cards from the last school attended should be presented when new students enroll in Canal Zone schools.

30. Telephone and Telegraph Service

a. Class "B" telephone service is available to all family-type and bachelor officer quarters. Calls initiated on a military post to any other point within the Canal Zone or adjacent cities in the Republic of Panama are considered local calls.

b. Long-distance radio-telephone service from the Zone to the USA and many other parts of the world is available. Rates on stateside calls for a 3-minute period vary from \$7 to \$10, de-

pending on the time of day and the distance involved. This long-distance service is available from 0700 to 2300 hours daily; night rates, but not holiday rates, are in effect.

c. There is excellent cable service between the USA and Panama, operated by the ALL American Cables and Radio, Inc., and the Tropical Radio and Telegraph Company. Cost depends on the locality to which the message is sent, usually 35 to 40 cents per word. Night letters range from \$3.85 to \$4.40 for a minimum of 22 words, depending on the destination.

d. Military personnel and their families also are offered a series of Expeditionary Force Messages. You may choose up to three fixed texts and the cost of sending such a cable anywhere in the United States or Puerto Rico is 60 cents.

e. An extensive amateur radio setup is in operation in the Canal Zone. Servicemen are permitted to utilize these facilities without charge.

31. Transportation

a. Public transportation consists principally of buses. These are not the most comfortable or reliable transportation between Army installations and the Republic but they are the least expensive and serve all Canal Zone communities and Army posts. Taxis are costly, serve only the terminal city areas and are not equipped with meters.

b. Sea transportation to and from the United States is available on Military Sea Transport Service vessels on per-

manent change of station, and on space available basis for those desiring to return to the United States on leave. In addition, the Panama Line, owned and operated by the Panama Canal Company, maintains a weekly service between Cristobal, Canal Zone, and New York City. The Grace Line and the United Fruit Company have regular sailings between ports in the United States and Cristobal.

c. The Military Air Transport Service maintains regularly scheduled flights between Albrook Air Force Base and Charleston Air Force Base, Charleston, S.C. Flights on MATS are based on priority; first on the list are military personnel on official orders. In addition, the Pan American Airways and Braniff Airways maintain excellent passenger schedules between Panama and the United States. Fares are reasonable, especially if one avails himself of tourist flights.

d. Neighboring cities situated at altitudes where the air is cooler than in Panama are easily accessible by air routes and flights.

32. Uniform Requirements

a. The Army summer uniform cotton khaki is worn all year. Military personnel should have a minimum of eight sets to allow time for laundering while a fresh one is worn each day. These can be brought with you or purchased here. Enlisted personnel must bring all items issued, including woolen clothing. Two sets of the cotton uniform (abbrev-

viated) are required. At present this uniform is optional for duty wear. Also optional is the cotton khaki shirt (abbreviated) for wear with the long khaki trousers (conventional). The tropical sun helmet may be worn by enlisted and officer personnel with the duty uniform (conventional), and is mandatory for wear with the cotton khaki shirt (abbreviated). Both the helmet and the cotton uniform (abbreviated) are available at clothing stores here. Officers are required to have at least one tropical worsted uniform and blouse to wear at prescribed functions. All officers, except those non-Regular Army officers who have 2 years or less to serve on their current tour of active duty or category commitment, will own the white dress and white mess uniforms and wear them on appropriate occasions.

b. Civilian clothes may be worn during off-duty hours.

c. Ample stocks of uniforms and accessories are on sale at Army Quartermaster clothing outlet stores and Post Exchanges. Readymade uniform and civilian clothes are available in the main Post Exchanges. Exchange concessionaires are approved for the tailoring of uniforms.

d. Since the winter uniform is required for all military personnel returning to the continental United States by Government transportation during the period from 15 September through 15 May, it is advisable that officers include at least one complete winter uniform.

33. Distribution

Applicable commanders will insure that a copy of this pamphlet is furnished to each officer and enlisted person and their dependents upon alert for assignment to the U.S. Army Caribbean.

34. Conclusion

This information has been assembled in a sincere effort to assist military personnel and their dependents in making their personnel plans for travel to and assignment in the Caribbean Command.

[AG 091.4 (18 Feb 60)]

By Order of *Wilber M. Brucker*, Secretary of the Army :

L. L. LEMNITZER,
General, United States Army,
Official : *Chief of Staff.*

R. V. LEE,
Major General, United States Army,
The Adjutant General.

Distribution :

Active Army:

DCSOPS (5)	MDW (25)
DCSPER (15)	Armies
ACSI (5)	(CONUS)
DCSLOG (10)	(25) except
ACSRC (5)	First US
CLL (5)	Army (27)
CoA (5)	Corps (CONUS)
CRD (5)	(25)
CA (5)	Div (CONUS)
CINFO (15)	(25)
TIG (5)	Bde (CONUS)
TJAG (5)	(25)
CNGB (5)	Regt / Gp / bg
CUSARROTC	CONUS (20)
(5)	Bn (CONUS)
CofCh (5)	(15)
CofF (5)	Co/Btry
CMH (5)	(CONUS) (2)
TPMG (5)	Svc Colleges
Tech Stf, DA	(20)
(25)	Br Svc Sch
USCONARC	(CONUS) (5)
(25)	USAOSREPL-
US ARADCOM	STA, Ft Dix,
(25)	NJ (100)
US ARADCOM	
Rgn (15)	
OS Maj Comd	
(25) except	
USARCARIB	
(100)	
NG: State AG (5)	
USAR: None.	

For explanation of abbreviations used,
see AR 320-50.

Pam 21-75

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HELPFUL HINTS FOR PERSONNEL ORDERED TO THE CANAL ZONE (Formerly U.S. Army, Caribbean)

CHANGES }
No. 1 }

HEADQUARTERS,
DEPARTMENT OF THE ARMY
WASHINGTON 25, D.C., 28 March 1961

DA Pam 21-75, 27 June 1960, is changed as follows:

9. Commissaries and Markets

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d. (Superseded) Ladies' Clothes. Ladies should bring a good supply of light cotton dresses for home and street wear as well as formal dresses for parties, dinners, and other social gatherings. Wardrobes may also include beachwear, shorts, sundresses, and slacks. Gloves and hats are usually worn to church and some official functions. The Main Exchanges usually carry a good selection of summer dresses, hats, gloves, hose, and lingerie at popular prices. From experience, ladies have usually found that shoes sold in Panamanian stores fit United States residents' feet poorly. The Post Exchange and the Panama Canal commissaries both handle ladies' shoes; however, they are rather limited to brands and styles. Those who sew will find bargains in linen and other quality materials in Panama. Coats and jackets may be useful when traveling outside the Canal Zone and the immediate vicinity.

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32. Uniform Requirements

a. (Superseded) The Army summer

uniform cotton khaki is worn all year. Military personnel should have a minimum of eight sets to allow time for laundering while a fresh one is worn each day. Enlisted personnel must bring all items issued, including woolen clothing. Two sets of the cotton uniform (abbreviated) are required. At present this uniform is optional for duty wear. Also optional is the cotton khaki shirt (abbreviated) for wear with the long khaki trousers (conventional). The tropical sun helmet may be worn by enlisted and officer personnel with the duty uniform. Both the helmet and the uniforms are available at clothing stores here. Officers are required to have in their possession at least one tropical worsted uniform and blouse to wear at prescribed functions. All officers, except those non-Regular Army officers who have 2 years or less to serve on their current tour of active duty, will have in their possession the white dress and white mess uniforms, and wear them on appropriate occasions.

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33. Distribution

(Superseded) As shown inside front cover.

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BY ORDER OF THE SECRETARY OF THE ARMY:

G. H. DECKER,
General, United States Army,
Chief of Staff.

Official:

R. V. LEE,
Major General, United States Army,
The Adjutant General.

Distribution:

Active Army:

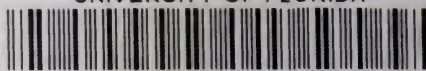
DCSOPS (5)	US ARADCOM (25)
DCSPER (15)	US ARADCOM Rgn
ACSI (5)	(15)
DCSLOG (10)	OS Maj Comd (25)
ACSRC (5)	except USARCARIB
CLL (5)	(100)
CoA (5)	MDW (25)
CRD (5)	Armies (CONUS) (25)
CCA (5)	except First USA (27)
CINFO (15)	Corps (CONUS) (25)
TIG (5)	Div (CONUS) (25)
TJAG (5)	Bde (CONUS) (25)
CNGB (5)	Regt/Gp/Bg (CONUS)
CARROTC (5)	(20)
CofCh (5)	Bn (CONUS) (15)
CofF (5)	Co/Btry (CONUS) (2)
CMH (5)	Br Svc Sch (CONUS)
TQMG (5)	(5)
Tech Stf, DA	USAOSREPLSTA
(25)	(Ft Dix) (100)
USCONARC	USA Trans Terminal
(25)	Comd, Atlantic (50)

NG: State AG (5).

USAR: None.

For explanation of abbreviations used, see
AR 320-50.

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